

► Shoulder

Stand on the band with one foot and hold the band in the same hand with your palm facing your body. Lift the arm to shoulder height and lower slowly. The arm is straight, but not locked. Switch sides and repeat.

figure 1

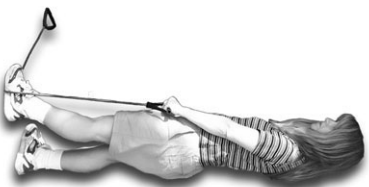


figure 2



► Back

Sit on the floor with your legs straight out in front of you and loop the band around the soles of your feet so that the band is tight. With our palms facing each other, breathe out and bring your shoulder blades together. Bend your elbows and bring your hands to your chest.

figure 1



figure 2



► Biceps

Stand on the band with knees slightly bent. Keep your elbows to your side and palms up. Curl your arm up toward your chest and lower slowly. Repeat.

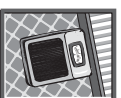
figure 1



figure 2



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Resistance Bands Workout

A
cheap
&
convenient
way to fit in
strength training

Why workout with bands?

- You'll become stronger.
- It's a great strength-training workout.
- You can take them when you travel.
- They work the muscle throughout the entire exercise because you have to control the motion.
- You control the tension by moving your hands closer to the center of the band.

Technique Tips

Posture is very important when working with bands. Workout in front of a mirror and make sure your back is straight and your head and neck are in alignment. Your wrists should not bend as you perform an exercise because this may mean you have too much tension. Exhale during the most difficult part of each exercise.

Your Workout

Spend at least 5-10 minutes warming up. If you are just starting a physical activity routine you may want to talk to your doctor before beginning this routine. Begin by performing at least one set of 6-10 repetitions. Intermediate and advanced exercisers increase the intensity to two or three sets of 8-12 repetitions, time permitting.

Quadriceps Squat

Stand securely on the band with both legs about shoulder width apart. Keeping the head up and the back flat, bend your knees like you where going to sit in a chair. *Do not bend the knee past 90 degrees.*

figure 1



figure 2



Triceps

Sit down squarely on the band. Make sure your knees are slightly bent in front of you and your back is straight. Place your hands slightly behind your head with your elbows at your ears and palms facing upward. Straighten your arms over your head. Elbows should be slightly bent throughout the exercise and you should lift and lower your arms slowly.

figure 1



figure 2



Hamstrings Curl

Place the loop around your ankle and step on the band to adjust the tension. With your back straight, curl your foot up toward your butt. Use the wall for support if needed and repeat the exercise on your other leg.

figure 1



figure 2



Chest

Standing, center the band on your upper back and shoulders. Adjust resistance by wrapping band around the hand. (Palms should face forward) Keeping the elbows slightly bent and moving deliberately, press the band in front of you. Repeat.

figure 1

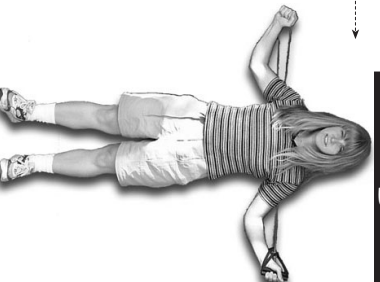


figure 2

